

## NEWS OF YOUR ARMY

Ottawa,--So well have ex-sericemen who met the Hun in the Great War who did the various Active Service jobs assigned to them in the Veterans Guard of Canada that 25,000 more men are being accepted by the unit, Col. H. R. Alley, Officer Administering, reveals.

The Veterans Guard of Canada has men overseas and it has been assigned to such important duties as protection of coastal areas and the guarding of prisoners of war.

Col. Alley points out that Veterans must not be over 50 years to be accepted in the Veterans Guard of Canada. He believes that their previous service make them especially valuable.

"They had re-ordered their lives for 25 years, bringing up their families, establishing homes, working in towns and cities and country," Col. Alley said. "Yet, when war broke out, they clamored to get back into service."

"They had no illusions about themselves; they knew that they were older, slower, less vigorous."

"They had no illusions about war; they knew that much of it was a dull business, - hard-slugging, steady relentless effort without glory or thanks."

"There are many dull jobs in war, most of which do not require the physical ability that belongs only to youth. These call for method, doggedness, discipline."

"The Veterans of Canada has taken over the 'dull jobs' of Canadian Army. Not only in Canada, but in Britain and in various parts of the Empire the Veterans Guard of Canada is doing the jobs that call for method, doggedness and discipline."

Nobleford, Alta.  
July 18th, 1942

Dear Mr. Charyk

Your very kind letter with enclosed presentation of the purse containing nine dollars from the Chinook congregation reached me at Iron Springs.

I was very sorry not to be able to reach Chinook for the farewell service.

I was not expecting anything in the way of a presentation, and was certainly pleasantly surprised by the kindness of the congregation.

It was very kind of you to forward the gift to me, and I would be greatly obliged if you would convey to the Chinook congregation my appreciation of and thanks for the gift for what it expresses.

Sincerely Yours  
George H. Barrett

Mrs. A. L. Robinson and son Lorne, returned Wednesday from Bowden, Alta. where they visited with relatives.

## WEDDING

McKEAGE-ROBINSON

Central United Church, Calgary was the scene of a quiet wedding on Saturday, July 18th, when Lois Pearl, only daughter of Mr. and Mrs. A. L. Robinson of Chinook became the bride of Mr. George McKeage, son of Mr. and Mrs. T. McKeage of Youngstown, Rev. E. M. Aitken performed the ceremony.

The bride, in a blue frock with white accessories and a corsage of roses, was given in marriage by her father.

The bridesmaid, Miss Florence Barros, choose a blue dress with matching hat. Mr. Jack Gordon was the best man.

Following the ceremony a reception was held at the home of Mr. and Mrs. E. Robinson.

Mr. and Mrs. McKeage will reside in Calgary.

The newly-weds has the best wishes of their Chinook friends for a very happy married life.

Mr. and Mrs. Len Cooley and family who have been spending their holidays at Carstairs and other places, returned Wednesday.

Mr. and Mrs. E. C. Pfeiffer and daughter, Maxine, returned Sunday from Kindersley where they have been visiting with relatives.

Miss Emley Zawacky is a Calgary visitor this week.

Mr. Ray Sheppard of Sedalia, was a town visitor on Wednesday.

**Men, Women Over 40  
Feel Weak, Worn, Old?**

Want Normal Pep, Vim, Vitality?

Does weak, rundown, exhausted condition make you feel tired, old, dull, dry, dizzy, nervous, forgetful, restless, nervous, often nervous sleep, no sex, no appetite, iron, calcium, phosphorus, vitamins B, C, E, K, and many other vitamins, 100% pure, 100% effective, 100% reliable, 100% safe, 100% guaranteed, 100% pure, 100% effective, 100% reliable, 100% safe, 100% guaranteed.

**ANSWER  
THE CALL  
ENLIST AT  
ONCE!**

## IMPORTANT ORDER REPAIRS NOW

Check All Your Farm Equipment Because Repair Parts are difficult to get and getting more difficult as time goes on. If you leave your ordering until spring, chances are you will be disappointed.

DON'T DELAY

Ask Your Dealer For  
I. H. C. & John Deere

**COOLEY BROS.**

Chinook, Alta.

Phone 10

## Enlist Now!

### C.P.R. Shopmen Give Gun For Freedom



Canada's mounting share in the fight against the Axis was emphasized by Brigadier P. M. W. Harvey, V.C., Officer Commanding Military District 13, when on Saturday afternoon, May 23rd, he received the 100th naval gun produced at the Canadian Pacific Railway's Ogden Shops, at Calgary, as a gift from the munitions workers there to the nation.

"Let us hope that it goes into action soon," he said, "on a Canadian ship, with Canadian gunners behind its sights."

Although rate of production at Ogden has not been revealed by authorities, the 100th piece of

war ordnance came off the assembly line there some time ago. Paying all shop costs and cost of material on this particular gun, the employees presented it to the country in a simple but impressive ceremony marking, as one of the speakers said, a fine spirit of national and industrial solidarity.

The gun itself is an all-purpose naval weapon, designed for use against submarines and surface craft, as well as sky raiders, throwing a shell of approximately 12 pounds from its long barrel.

In receiving the gun from R. Alderman, representative of the shopmen, Brigadier Harvey represented

Hon. C. D. Howe, Minister of Munitions and Supply for Canada. The Canadian Pacific Railway Company was represented by W. A. Mather, vice-president of Western lines, who officially received from the employees a cheque for shop costs on the gun, and by H. B. Bowen, Chief of Motive Power, from Montreal. J. L. Gubbins, works manager, acted as chairman.

The Guard of Honor was made up of war veterans among the shopmen under Capt. McLennan. Pictures show Brigadier Harvey inspecting the Guard of Honor, the gun and a glimpse of the actual presentation ceremony.

## Special For The Week

Cherub Evaporated Milk	Large tin	10c
Union Brand Lard	5 lbs	75c
Pink Seal Brand Salmon	per tin	23c
Swifts Brookfield Cheese	2 lb box	73c
Graham Wafers	per pkt	28c
Bakers Chocolate	per cake	20c
Berryland Choice Quality	2 tins	33c
Swifts Prem	per tin	28c

When buying Sugar don't forget to bring your sugar ration coupons as they are necessary even when obtaining sugar for preserving

**BANNER HARDWARE  
AND GROCERY**

## Chinook Hotel

Try Our Meals

GOOD ROOMS

W.H. Barros

Prop.

## The Battle Of The Atlantic

THROUGH THE PRESS and radio news bulletins we are able to follow closely the events on the various battle fronts. In the Near East, in China and in Russia great battles are being waged from day to day, and we can follow their course and judge the progress made by our own armies and those of our Allies. At times it seems to us that the struggle at some point on the far-flung battle front is almost crucial, and that no effort should be spared to maintain control in certain zones. It is true that the loss of some posts of the Empire here was serious, and that the total defeat of any of our Allies would mean disaster for them and even more difficult conditions for us.

### A Crucial Struggle

There is, however, one battle, considered to be the most critical of all, and of it we hear little, and it is the Battle of the Atlantic. To avoid giving aid to the enemy very little information is made available, but the struggle there has gone on unceasingly since the hour war was declared, and if we are not victorious in this, our gains or defeats in other parts of the world will count for little. From this continent to England are flowing the food, military equipment and men, which will keep England free from German aggression, and eventually help to drive the enemy back across Europe and give peace and freedom in the world. Although we do not know a great deal about this great naval struggle, we do know that the Royal Navy and the Canadian Navy, joined now by the navy of the United States, still have control of the Atlantic. We know that soldiers and airmen and food and equipment of all kinds are getting across, in spite of the fact that the Atlantic ocean is infested with enemy submarines. In recent weeks we have learned that they are lurking as far to the West as the Gulf of St. Lawrence, the Atlantic coast of the United States and the Gulf of Mexico. In spite of the number of submarines and their wide range, it is apparent that our ships are getting through, and that we are able in some measure to replace those which are sunk.

### Lurking Danger

While we honour our forces in Egypt, the heroic courage of the Russians, and the sturdy and unflinching resolve of the Chinese, we must never forget the men who day and night are facing danger and hardship on the Atlantic in order to keep the scales balanced in our favor in that phase of the war. Officers and men of the navy, merchant seamen, and the men of the aerial coastal patrol are all playing heroic parts, and on them the fate of many people and nations depends. To curb the submarine menace at its source, great air raids on German submarine bases, and plants where submarines are built, have been carried out unceasingly, and doubtless with good results. It was said that the recent large raid on Danzig was a sign to the Germans that the R.A.F. will follow their submarine factories as far as they may try to move them from British bases. Canada is playing an important part in the Battle of the Atlantic. Our navy, with numbers of fast corvettes, is sharing in the patrol of the sea, and merchant seamen are going back and forth with vital materials. In our shipyards, there is unprecedented activity, as our forces are joined with those of the United States and Britain in producing a continuous flow of ships to replace those which are lost.

### Equals Burma Road

Freight Carrying Volume Of China's Airlines Is Tremendous

The capacity of the air lines now linking China with the outside world compares favorably with that of the Burma Road, Communications Minister Chang Chiang-ai reported to the government at Chungking.

Still further expansion is expected to increase considerably the freight-carrying volume of the air services, he added.

The ministry reported success also in providing substitute land routes for the Japanese-severed Burma Road and said many types of freight were being hauled into Free China from unloading centres. Expansion of these, too, was reported, partly by private enterprise.

Chang said the government was gratified with results of a campaign to convert gasoline-powered vehicles into charcoal burners as a fuel conservation measure.

There is more vitamin C in the peel than in the juice of an orange.



### VARIETY IN VEGETABLES

Harvest season brings a rich profusion of vegetables, but whatever the season, Canadian markets are filled with an excellent variety of vegetables. Eat them every day, cooked and raw, two or more kinds daily. Learn to eat new kinds, cooked in new ways.

### WHY DIFFERENT KINDS

First on the list—dark green leaves, as kale, chard, spinach, beet and turnip tops, dandelion and mustard greens—rich in iron and vitamins. Lighter green leaves—as lettuce and cabbage eaten raw—crisp and fresh—good for vitamin C.

Yellow vegetables—as squash, sweet potatoes, yams, carrots and pumpkin—fine for vitamin A.

Dried peas, beans, lentils—don't forget that they contain protein and can be substituted for meat once or twice a week.

Other vegetables—as green beans, green peas, lima beans, onions and celery—give you less minerals and vitamins but are good for you and are a change.

### HOW TO BUY VEGETABLES

Buy vegetables in season—they are cheaper and fresher. Choose bright, firm, well formed vegetables.

Buy meats with fresh green tops thus having two vegetables for the price of one.

Buy by the pound rather than by the bunch, as carrots and broccoli; it is less expensive.

Vegetables with little waste, as string beans and spinach, are cheaper than green peas or lima beans even though they may cost a few cents more a pound.

HOW TO COOK THEM

Wash thoroughly, particularly leafy varieties, but do not soak in water for this removes some of the vitamin and mineral content.

Cook in the smallest possible amount of boiling salted water. Leafy vegetables usually have enough water clinging to them from the washing; for others about one-half inch in the bottom of the kettle is enough.

Vegetables are better undercooked than overcooked. Most people overcook. When you get used to uncooked ones you'll prefer them.

Whenever possible, cook vegetables in their skins: skins protect the mineral and vitamins.

Never add soda to vegetables; it destroys vitamins.

Save the water in which vegetables are cooked as an appetizer mixed with tomato juice, in soup or gravies. It contains much of the vegetable's mineral and vitamins, particularly the B family and C.

A postal request to the Western Health League of Canada, 111 Avenue Road, Toronto, Ontario, will bring you a free vitamin chart and a booklet "Canadian Vegetables for Every Day."

### A FAMOUS BRAND

Ogden's  
FINE CUT



Operated by Pat Burton, twice winner of the North American and Canadian Golf Roping Championships at the Calgary Stampede, the Burton Ranch in Southern Alberta was established in 1890 by F. A. Burton.

BRAND OF THE  
BURTON RANCH  
71L

### Back To Old Methods

Ancient Handicrafts Are Again Being Used In British Isles

Critical of Britain as he is, Mahatma Gandhi, whose idea of Indian regeneration is to abolish machinery and go back to hand labor, would find much to please him in the British Isles today. With every bit of industrial machinery engaged in war work or other necessary production, some of the ancient handicrafts for which England used to be famous, are being revived, such as hand weaving, wooden bowl turning, pottery, basket making, thatching, smithy work and stone walling.

Home-spinning and weaving are once more helping to provide clothes for rural Britons. This craft, practiced in nearly every cottage home before the industrial revolution of the 19th century, by 1939 was carried on chiefly by those who did it for love of the work. Now antique dealers are finding a ready sale for old spinning wheels which have long lain idle in their repositories. Girls in senior schools are being taught these crafts, and are busy turning out tweeds for scarves, chair covers and curtains, skirts and so forth. Much of the wool used is gathered from the fields and hedge-rows—the tufts left there by sheep. The combings of long-coated dogs are also used in this way.

In Herefordshire comforts for the Navy are being made on a 150-year-old loom. Capt. Frank C. Appleton carries on his craft in a converted barn where he produces a large variety of handwoven cloth. Comforts for sailors are not his only product. A shirt wrap of heavy tweed which can hastily be donned for use in air raid shelters is one of Captain Appleton's typical products.

Shortage of aluminum and other metals, and restriction of imports of china and glass, has brought the wooden bowl back into service in Britain. People are now using wooden bowls in the kitchen in which to mix cakes and puddings, and in which to wash and launder clothes. Bowl making was practiced in England in the days of King Alfred the Great.

A Yorkshire rope spinner, using waste from Lancashire cotton mills, is producing about two miles of cord or rope every day, pieces ranging in length from nine inches to 80 yards for all kinds of purposes. He uses ancient implements, one being a cow's horn to open the strands.

Makers of strings for violins and cellos are unable to obtain Italian strings, but a Somerset man, James K. Toms, devised a new process for making strings from the gut of sheep. Toms has been making strings for 50 years and is well-known to professional players, and so excellent are his new products that Kreisler and other famous violinists buy regular supplies from him.—St. Thomas Times-Journal.

### MILITARY CAMOUFLAGE

Great quantities of painted cotton cloth are being used in military camouflage to conceal entire airport sections, roads, factories, machine gun emplacements and similar military objectives.

2474

### Stop the Itch of Insect Bites

For quick relief from itching of insect bites, head lice, and other skin troubles, use fast-acting, cooling, soothing, and antiseptic cream. It is safe for all ages, and does not irritate the skin. It is available in all drug stores and is also available by mail from the manufacturer, Dr. J. C. Williams, 111 Avenue Road, Toronto, Ontario.

### The Individual Citizen's Army

A Weekly Column About This And That In Our Canadian Army.  
By Alan Maurice Irvin

Hitler must hang! And that forthright statement may be taken as a compound sentence for the whole gang of Nazi leaders.

After the fighting finished in 1918 there was a lot of talk about bringing the Kaiser to trial and demands for punishment of the leaders of the German people—but, as time went on the fervour died down, Christian tenets were mumbled by the very people who later on were the apostles of disarmament, and—nothing was done to show the German people that it is an evil thing to let loose the forces of evil on mankind.

Nothing was done? Nothing! Oh, yes, a few colonies were put under mandate—the German mind would expect that; reparations were claimed—and partially forgiven; and, almost immediately, loans were made to Germany to assist in the rehabilitation of the Empire.

What did the Army think about all that? I can speak for only one Sergeant in that army. But I am sure that what I felt was echoed—and intensified—by the mothers of dead sons, the widows, the orphans.

What good did the Christian attitude do? Was it really a Christian attitude?

Let's answer the second question first. I don't think it was. I think that was a time when, remembering that Christ said "turn the other cheek," we forgot that the same Christ drove the money-changers out of the Temple!

Perhaps you are wondering where the Individual Citizen's Army comes into this. Don't worry, it comes in all right! The Individual Citizen's Army—that means all of us, don't forget—is concerned and very deeply concerned with everything that goes on in the world today.

There is not a thing that happens that does not concern each one of us. The death of an U.S. Army aviator somewhere over the Coral Sea is just as important to the whole scheme of things as the loss of a Canadian-made tank in Libya.

Death has hardly touched us yet. By the time the "Great War" was as old as this one thousands of Canadians had been killed in battle. There was hardly a home in the Dominion that had not been shadowed by the dark angels' wing.

And by the same token there was hardly a home in the whole of Canada that was not straining every sinew to help beat the enemy.

Then death, sudden violent death had become so common-place that "Casualty Lists" in the daily papers occupied more space than the "Sport" pages do today—and were as eagerly scanned.

Today as much space is given to the drowning of two officers, cadets in an Army Week Display as would have chronicled the deaths in action of 300 men in the 1914-18 war.

What a shame! What a shame that we should need an "Army Week" to focus our thoughts on our soldiers. It is symptomatic of something half-hearted and lackadaisical that all over the Dominion it should be necessary to stage demonstrations to remind us that there is a war going on.

But "Army Week" or "Navy Week" or "Air Force Week" should be every week. We must generate the proper state of mind about this war. It is our war. Not the war of the soldier, the sailor or the airman. And it will fall to those of us who could only help in a very limited way to back up the fighting forces when their job is done and see to it that a grim retribution falls upon the guilty.

There is nothing soft about our men in uniform. Let us see to it that there is nothing soft about us when the day of reckoning comes. Every lamp post in the Under Den Linden should be a gallows, there must be a gallows-occupied by carrion-bait—in every hamlet, every village, every town, every city in occupied territory that has known the weight of the Nazi scourge, the stench of Italy, the malarial infection of Japan!

There is a job for us privates in the Individual Citizen's Army—a job we will do whole-heartedly as we look—and we shall look—upon our country on crutches or following "Seeing-Eye" dogs as we place flowers under memorial windows in our church yards.

Right now there is another job to do, the job of conserving everything that is needed for the business of a successful war. It is a simple job. So simple we may not think it worth while. It involves such things as cutting out joy-riding, carrying parcels from the store, turning last

winter's coat, giving up smoking, drinking less tea and coffee, doing without alcoholic beverages, having shoes repaired even when the uppers are shabby.

It involves reporting infractions of the price ceiling orders no matter how abhorrent "snitching" is. None of us would hesitate to tackle or report a spy or a saboteur. Neither should we hesitate to report a commercial saboteur—for branches of the price ceiling are acts of sabotage against the law-abiding. The storekeeper, wholesaler, manufacturer, landlord or other businessman doesn't just break a law—he harms you. If he gets away with it because you keep silent the spectre of post-war inflation looms closer, if the ceilings are maintained post-war inflation will be averted and we'll have time to see that the war has not been fought in vain.

### GEMS OF THOUGHT

#### FORGIVENESS

Persecution is the weakness of tyrants engendered by their fear, and love will cast it out. Continue steadfast in love and good works.—Mary Baker Eddy.

Though men should rend your heart, let them not embitter or harden it. We win by tenderness; we conquer by forgiveness.—F. W. Robertson.

A wise man will make haste to forgive, because he knows the full value of time and will not suffer it to pass away in unnecessary pain.—Rambler.

A merely fallen enemy may rise again; but the reconciled one is truly vanquished.—Schiller.

He who has not forgiven an enemy has not yet tasted one of the most sublime enjoyments of life.—Lavater.

Forgiveness ought to be like a cancelled note—torn in two, and burned up, so that it can never be shown against one.—H. W. Beecher.

#### SILK FOR PARACHUTES

Lady Hart Dyke of Lullingstone Castle, England, assisted by two land girls, runs a silk farm which supplies material for parachutes. Normal silk output of 4,000 pounds is being sacrificed this year to produce 30,000,000 silkworm eggs to stock new farms.

The Pacific end of the Panama Canal is 27 miles farther east than the Atlantic end.

## WILSON'S FLY PADS

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### Not The Only One

Belgians Think They Have Right To Acclaim Their Painter  
Two Belgians met on a busy thoroughfare in their occupied homeland. One greeted his friend:

"Hell Rubens!"

The other solemnly returned the salute:

"Hell Rubens." A Nazi officer, close by, heard them, asked suspiciously: "What is this 'Hell Rubens'? What does it mean?"

"Oh," one of the men answered in feigned innocence, "we Belgians have a famous painter, too."—This Week.

#### NEW PROCESS HELPFUL

Helium, the non-inflammable gas used to keep dirigibles aloft, will speed the production of warplanes through the perfection of a new process which permits the use of the element in blow torches for welding. The new method makes possible the welding of inflammable metals like magnesium.

#### PAPER FROM NETTLES

It is hoped to obtain some relief of the paper shortage by the cultivation of nettles for papermaking material. A Scottish firm has announced its readiness to buy 1,000 tons of nettles at £10 a ton. Such material would appear to be especially suitable for the production of books of a severely critical nature.



### A HOUSEHOLD NECESSITY

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### SEEDTIME HARVEST

By Dr. K. W. Huxley  
Director, Agricultural Department  
Alberta Livestock Association  
Bureau for Choice Bacon

Bacon which is relished by the British consumer can only come from the right kind of hog fed in the right way. That consumer happens to be a Canadian, a consumer for this country. So matter how ideal the pig may be, a hog will not yield good bacon unless it receives the right kind of feed. Which of the common feeds is the best feed for bacon hogs has been the subject of a series of scientific tests conducted by Dr. K. W. Huxley, animal nutrition expert at Macdonald College, Quebec. The work was carried on under the auspices of the National Dairy and Poultry Research Council. The results were reported in the report of the committee. His first test was designed to determine the relative feeding values of barley, corn and clover. Barley was shown to be definitely superior to either corn or clover, whether rate of gain, or degree of feed or carcass quality was measured. Gains resulted in corn and clover were considerably lower than those of barley. This was because the carcasses were heavier and overfatted.

The next test was made to compare the feeding values of barley and corn. This was suggested by the committee because of the rapid increase in the price of corn. The results showed that barley fed to hogs resulted in more suitable carcasses, giving about twice as much meat as corn. These results would suggest that barley should make a contribution to secure production of feeding and at the same time be a high quality feed. This is why Dr. Huxley is so strongly in favor of barley.

In the meantime, farmers need to be urged to grow more barley to feed their hogs, which are needed in large numbers for the war effort.

### Metal Shortage Becomes Critical

OTTAWA, July 28 (CP)—Reports from manufacturers applying under the Production Requirements Plan indicate the metals shortage in North America is becoming so serious that "still more drastic" civilian curtailment will be necessary to keep war plants in full operation, Munitions Minister Howe said in a statement last night.

Establishment of the Production Requirement Plan, a priorities system centred in Washington, was announced by Mr. Howe in a statement which said the North America supply situation was critical.

### Can't Replace Sugar Cards

Vancouver, July 21 (CP)—The Wartime Prices and Trade Board warned Monday that people who lose their sugar ration cards will have to go without sugar until permanent ration books are issued in September.

"We cannot replace lost, burned or carelessly misplaced cards," board officials said. "Householders were informed of that when the cards were first issued and the ruling from Ottawa is no substitute cards can be provided."

### FOR SALE

PIANO—Solid Oak Case in excellent condition. Apply Advance Office

Mr. Jas. Young of Killam was a Chinook visitor on Tuesday.

Mrs. Lee and family who spent a ten day's holiday at Banff, returned Wednesday.

Miss Doris Mayfield was a Cereal visitor last week.

Miss Olga Zawasky who spent a vacation at Banff returned Tuesday.

Miss Kathleen Proudfoot, left Tuesday morning for Calgary enroute for Vancouver, where she will visit at the home of her uncle, Mr. D. Roberts.

Mr. and Mrs. Wright Lawrence and daughter, Miss Peggy-Lou of Calgary will spend a few weeks on the farm.

Reports that Edmonton is included in the possible railway points on a projected Alaska Railway have been received with interest in government circles. In a communication to President Roosevelt, Frederick A. Delano, chairman of the Natural Resources Planning Board, advised that the U. S. proceed with the building of a railway as "an important military necessity." Mr. Delano was in Edmonton recently conferring with Government officials. Of five gateways listed, the Lethbridge-Edmonton route from Great Falls and Billings is mentioned.

In a tour of inspection W. A. Fallow, has gone to the McMurray district to view developments in that area in connection with the booming northern transportation business. The minister is working on various projects to give tangible assistance to U. S. military and civil authorities in the building of various northern projects, and the easing of traffic problems.

According to Dr. Robert Newton, Pres. of the University of Alberta, that institution will again give training in war science to students during the forthcoming scholastic year. Some 50 students took part in this program during last year.

Alberta's acting premier joined the troops in training at Sault Ste. Marie, leaving the reins of office to another minister while he attended to a different branch of the King's business. He is Hon. E. C. Manning, minister of trade and industry, who is a 2nd Lieutenant with an Edmonton regiment. Hon. Lucien Maynard has also spent a period in training. He was recently promoted to 2nd Lieutenant with an artillery unit, after training in the ranks.

### PACIFIC COAST TODAY ROUND TRIP FARES TO VANCOUVER, VICTORIA, SEASIDE

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